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I experienced distress about my sex beginning in my pre-teens. I wanted God to make me a girl and at age 8 I fantasized about cross-dressing in my mother's clothes. I experienced feelings of wanting to be a woman and struggling with my gender identity between adolescence and age 50, as an un-married father of 5 and active-duty member of the Military.

At 51 I began attending a cross-dressing group, and that confirmed for me that I wanted to fully transition. I had facial feminization surgery in 2009, a second facial feminization surgery in 2010, over 200 hours of electrolysis to remove all facial hair, and began taking estrogen and spironolactone in 2009.

In 2011, I had genital surgery to remove my male genitalia and a "neo-vagina" was created. Dilation of the "neo-vagina" was very painful for about six months. In December 2011, I had my name legally changed to "Teresa" and the gender marker on my birth certificate and IDs changed. I transitioned to a female identity at work and had breast augmentation surgery in 2012. I was highly functioning and happy with my transition for several years.

After being on cross-sex hormones and living as a female for eleven years, I began to have an intense internal realization that what I was pretending to be was not real. The internal incongruity grew to the point that I became suicidal. I could no longer live what was essentially a lie. I became severely depressed. The only thing that kept me alive was that my granddaughter was living with me and faith in God.

In 2021, I made the decision to detransition. I re-connected with my male biology and re-established my male identity. I stopped taking hormones. I removed the breast augmentation and changed my gender marker and name back to male. I did what I could to change my appearance, cut my hair, stopped wearing make-up and women's clothes, but I could not undo the facial surgery, facial hair loss or the genital surgery. I could not get back the lost organs, **enjoyment**, or functionality. I am unable to ever again even think of the possibility of a "Normal" marriage and have a life-long sexual dysfunction. Still wake up numerous times a night due to hot-flashes from female hormone discontinuation.

I deeply regret having wasted years of my life, the damage and permanent loss to my body, the exorbitant cost of these treatments, and the damaged relationships. The depression was so severe, I think I would have taken my life if I had not detransitioned.

I had been convinced that I was a "female" born in a male body. I had felt that way since childhood. Based on that consistent and persistent conviction, I fully transitioned in every possible way to live and appear as a woman. Now I realize that it was all untrue, a mental state of mind that was subject to change, and that it didn't solve the deeper emotional problems. I urge the board to adopt a rule that will protect others from similar loss and distress.

